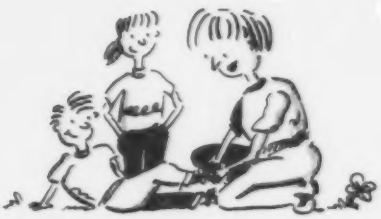
Single Parents Handbook



Manitoba Advisory Council on the Status of Women

JUST ME AND THE KIDS: SINGLE PARENTS HANDBOOK

CORRECTIONS: Please note the following: 93-01499/

Page 38

The Listing Klinic should be:

870 Portage Avenue
Winnipeg MB R3G OP1
(204) 784-4090
(204) 786-8686 (Crisis and Suicide)
(204) 786-8631 (Sexual Assault-Rape)

Page 47

EVOLVE should not be included in the Emergency and Crisis Lines Section.
DELETE the listing for EVOLVE at the top of page 47.

Page 72

DELETE the listing for EVOLVE in the middle of the page under Emergency and Crisis Lines.

Page 72

The listing for EVOLVE (KLINIC, INC.) at the bottom of the page under "Counselling," should read:

870 Portage Avenue
Winnipeg MB R3G OP1
(204) 784-4070

Page 72

The listing for the Sexual Assault - Rape Crisis Counselling should read:
(204) 786-8631 (24 Hours)

Page 54, 99

ADD the following sentence:

There are 17 Manitoba Agriculture Home Economists in rural Manitoba who offer services in budgeting, consumer decision making, food safety and nutrition. They can be reached by phoning the Manitoba Agriculture office nearest you.

Page 54, 96

The listing for Home Economics should read:

Manitoba Agriculture
908 - 401 York Avenue
Winnipeg MB R3C OP8
(204) 945-8564
1-800-282-8069

If any other corrections/changes/additions are noted while reading *Just Me & the Kids* please mail the information to the Advisory Council Office, 210 - 500 Portage Avenue, Winnipeg MB R3C 3X1.

THANK YOU

JUST ME & THE KIDS

From the Manitoba Advisory Council on the Status of Women to you, **Just Me & The Kids,** *is offered as a resource to the over 34,000 single parents in Manitoba and to others who may find it useful.*

It is a guide to make you aware of your rights, services and supports that are in the community. Services change frequently, so it may be time well spent phoning to verify hours, fees, services and accessibility ie. wheelchair access, TDD and whether information is available in an alternate form.

As always, with a first attempt, we have probably missed some of the valuable resources out there. If you know of any, please send the information to us. Hopefully, the list will grow and when it does we will undertake to make these additions available.

We do not endorse any of the services listed here because what works for one person may not work for you, so check it out and make your own informed decisions. Parenting can often be stressful so we recommend you take advantage of resource centres and women's groups to give and to receive supports.

We sincerely hope this information will be helpful to you in overcoming some of the hurdles and pitfalls encountered as single parents. We would appreciate hearing any suggestions you might have on how this guide might be improved. Please send them to:

MANITOBA ADVISORY COUNCIL
ON THE STATUS OF WOMEN
210 - 500 Portage Avenue
Winnipeg, Manitoba R3C 3X1

Telephone: (204) 945-6281
TDD Line: (204) 945-7715
FAX Line: (204) 945-6511
Toll Free: 1-800-282-8069

Information gathered as of March, 1992
Researched by Sheena Walsh

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LEGAL

LEGAL AID

Provides the services of a lawyer for a small fee (sliding scale), or without charge, depending on your income. This can be used for your separation and divorce, including legal steps such as obtaining restraining orders, child custody and maintenance payments. Legal Aid has published a 28-page brochure entitled "Legal Aid... When You Can't Afford a Lawyer... A Guide to the Services Available from Legal Aid Manitoba", which describes their services in detail.

DO I QUALIFY?

Most single parents who are on social assistance, or low-income wage earners should be able to obtain Legal Aid. A woman who is still living with her husband but wants a separation can apply for Legal Aid. Whether or not your former partner qualifies for Legal Aid has nothing to do with your eligibility.

You can call the Legal Aid Office to find out if you are eligible for free legal assistance. If you have been told that your income is too high to qualify, apply anyway. Your income may just border on the guidelines. If you fail to qualify for free Legal

Aid and later your financial circumstances change - for example, you become unemployed - you should re-apply. You can re-apply a number of times. There is room for discretion in the decisions made by the Legal Aid officers, and your case may be re-assessed.

A low-income earner may still have too high an income to qualify for free Legal Aid but may be eligible for "expanded eligibility" or "partial contribution". These programs are offered as a low-cost repayment plan or sliding scale.

If you live in a rural area where there are no Legal Aid lawyers or no Legal Aid lawyer will take on your case, a Winnipeg lawyer will be appointed for you, if she/he agrees to waive travelling time and costs ie. if court is in Portage la Prairie no payment would be made for mileage or travel.

WHEN DO I PAY?

You do not have to repay any legal costs if the case is closed and later you get a job, inherit money or win a lottery. However, if your divorce includes a substantial financial settlement, you may have to pay for some or all of your legal fees. Your lawyer will negotiate with Legal Aid to determine the exact amount.

WILL I LOSE MY HOME?

If you apply for Legal Aid and you are otherwise eligible but you own a home, Legal Aid may ask you to sign a "Charge on Land" allowing them to file a lien against your property. A lien means that if and when you sell your home you will have to repay Legal Aid. The lien will be for the amount of your lawyer's bill to a maximum of $5,000. This lien procedure applies even if your

home is mortgaged and even though your ex-husband is still a joint owner. Call the "Charge on Land" Department of Legal Aid to find out the full amount of your lien about 2-6 months after the case is closed. You have an option of paying the amount in full or on a monthly basis without interest. Note: Under no circumstances will Legal Aid make you sell or re-mortgage your home to pay a bill for legal services.

You can apply by calling the Legal Aid Office to make an appointment with a lawyer. They will fill out an application with you or you can seek out your own lawyer and ask if they are representatives of Legal Aid. Within 5 to 10 days you will receive notification of the Legal Aid decision.

LEGAL AID MANITOBA - HEAD OFFICE
402-294 Portage Avenue
Winnipeg, Manitoba R3C 0B9

Legal Aid Inquiries	**(204) 985-8500**
Partial Contribution	**(204) 985-8518**
Public Interest Law	**(204) 985-8540**

LEGAL AID OFFICES OUTSIDE OF WINNIPEG:

WESTMAN COMMUNITY LAW CENTRE
136-11th Street
Brandon, Manitoba R7A 4J4
(204) 729-3484

PARKLANDS COMMUNITY LAW CENTRE
19 Memorial Blvd.
Dauphin, Manitoba R7N 2A5
(204) 638-8006

NORTHLANDS COMMUNITY LAW CENTRE
236 Edwards Avenue
Mail: Box 2429
The Pas, Manitoba R9A 0K1
(204) 632-6427

THOMPSON COMMUNITY LAW CENTRE
3 Station Road
Thompson, Manitoba R8N 0N3
(204) 778-6441
1-800-665-0656

HOW DO I GET MY OWN LAWYER?

Remember, if you are going to pay the legal fees you will have to find a lawyer yourself. Ask other single parents or friends for the names of their lawyers. If you were a victim of wife abuse, counsellors at Evolve, the Women's Advocacy Program, Osborne House or your local shelter may be able to help you find a lawyer.

You can also call the Legal Services Information and Lawyer Referral Program. They will be able to supply you with the names of lawyers who specialize in a specific field ie. for a divorce or separation you would be looking for a lawyer who practices Family Law. The first half-hour interview with any lawyer they refer you to is guaranteed to cost no more than $25.00.

COMMUNITY LEGAL EDUCATION ASSOCIATION
304-283 Bannatyne Avenue
Winnipeg, Manitoba R3B 3B2
(204) 943-2382
1-800-262-8800

LEGAL SERVICES INFORMATION &
LAWYER REFERRAL PROGRAM
304 - 283 Bannatyne Avenue
Winnipeg, Manitoba R3B 3B2
(204) 943-2305
1-800-262-8800

SEPARATION AND DIVORCE

The cost of a legal separation and divorce varies from couple to couple. If you will be paying the fees, you must have the courage to discuss the financial arrangements at the first meeting. If it is apparent that there is going to be a substantial financial settlement upon divorce, many lawyers will agree to deduct their fees from that settlement and ask you to sign a "Direction to Pay".

If you have to pay your own legal costs for your separation and divorce, you should be sure to read the brochure "Understanding Your Lawyer's Fee".

CAN I HANDLE MY OWN DIVORCE?

In a straightforward case it is possible to carry out your own divorce. There is a book available at the Winnipeg Public Library, or it can be purchased at various stores, entitled "Divorce Guide for Manitoba". Here you will find a clear, concise description of the divorce process. The book is only 80 pages long, including sample forms. This process could be more complicated than you anticipated.

This "Divorce Guide" is an excellent reference, even if you are not arranging your own divorce, because it thoroughly explains the process.

Anyone can go for free advice and information to either of the Community Law Centres run by the Legal Aid Society. You can call and make an appointment, or drop in Mondays and Thursdays, between 6-8 p.m. at the Main Street office or on Wednesdays from 6-8 p.m. at the Broadway office. Warning: The receptionist said, "Often there are a dozen people waiting when we open the doors at 6 p.m."

MAIN STREET COMMUNITY LAW CENTRE
929 Main Street @ Selkirk
Winnipeg, Manitoba R3C 0X1
(204) 985-8550

BROADWAY COMMUNITY LAW CENTRE
635 Broadway @ Langside
Winnipeg, Manitoba
(204) 985-8570 (24-hour)

The Community Legal Education Association operates a free Legal Information service which answers legal questions from the general public. They do not give legal advice.

You may also call the University Law Centre. This is not staffed by lawyers but by law students supervised by law professors who oversee the clinic. They will help you in Small Claims Court or with legal advice in other areas not covered by Legal Aid.

UNIVERSITY OF MANITOBA LAW CENTRE
Faculty of Law - 101 Robson Hall
University of Manitoba
Winnipeg, Manitoba R3T 2N2
(204) 269-9610

STEPS TO REMEMBER

1. Before separation take photocopies of important documents like the Bill of Sale for the house, car, insurance policies, bank balances and all loans.

2. Start a journal immediately. Have a listing of all credit cards and bank accounts. Notify the companies immediately after separation and inform them that you will not be liable for further use of the cards.

3. Make a note of visits to lawyers and doctors.

4. Make a note of all purchases and statements of how much money you spend each month and on what, so that you can prepare a statement of your needs - keep receipts.

5. Write down questions you may have for the lawyer so that you don't forget. Write down the answers you receive when you visit your lawyer.

6. Always be prepared. Have a file folder with all your documents – important receipts, pay stubs, welfare and legal letters - ready to take with you at a moment's notice.

WHAT IF I DON'T KNOW WHERE MY SPOUSE IS LOCATED?

The steps toward a divorce vary with the circumstances of the separation. Because your partner may be in hiding or not available does not

mean that she/he can stop the court proceedings. If you don't know where your former partner is, the first step could be for you and your lawyer to prepare materials for a "substitutional service application". This is an affidavit to the court with all of the information that you have on your ex-spouse: last known address, parents' names and address, best friend's name and address, results of a motor vehicle search.

EMERGENCY PROCEDURES

In Family Law, it is essential to get an early resolution of certain issues by "interim application" for custody, maintenance, occupation of the house, preserving of assets. This is usually treated as an emergency procedure and steps are taken very soon after separation, perhaps with the assistance of Family Mediation (see Mediation this Chapter).

FINANCIAL DISCLOSURE

One of the steps toward a separation agreement is a financial disclosure where you record all of your income and expenses and your former partner does the same. If either you or your ex-spouse is not satisfied with the proposals for settlement, your lawyers will arrange for "an examination for discovery". This takes place in the office of one of your lawyers and both lawyers are present, plus you, your ex-spouse and a court reporter. This session involves the presentation of documents and full financial disclosure.

If you cannot agree on terms, you then proceed to pre-trial. Your case is heard by a different judge from the one who would preside at your actual trial.

MEDIATION

ISSUES REGARDING CHILDREN

Sometimes lawyers will refer separating parents to the mediation service in an attempt to assist the separation proceedings. In other cases the court orders mediation, or clients refer themselves. In mediation a professional counsellor helps parents explore options about the ongoing care of their children after separation. Issues that are discussed are access, joint or sole custody and how decisions regarding their children's daily lives will be made. You can be interviewed alone or with your former spouse.

Generally it takes 4 sessions of about 1 1/2 hours each to discuss the issues fully. If you can agree on custody and access, a written parenting agreement will then be provided to your lawyers for advice and approval. There is no charge for this mediation service and it is important to note that this mediation does not cover financial matters.

FREE ORIENTATION

If you are wondering whether mediation will help, you are welcome to attend a free orientation seminar at Family Conciliation. These group sessions are held on alternate Tuesdays at noon and 3 p.m. and last about 1 1/2 hours. You are not permitted to bring children to the sessions. However, there is an adjacent playroom and you do have the option to bring someone along with you who is capable of caring for your children.

A free brochure describing their services is available. It is important to remember that with

both mediation and conciliation the primary focus is on the children -- they are not marriage counsellors. This service is available to either or both of the separating parents. It is up to you to decide whether or not you will participate in mediation or conciliation meetings, regardless of what your ex-partner chooses to do.

The youth workers run monthly group sessions for children of approximately 9-12 years. The format includes a film and refreshments. You can phone the Intake Worker at Family Conciliation who may be able to advise you on the aspect of their service that is right for you. Also, ask them to mail you their excellent brochures which describe their services well.

FAMILY CONCILIATION
14th Floor - 405 Broadway
Winnipeg, Manitoba R3N 0H6
(204) 945-7236
1-800-282-8069

COURT ORDERED ASSESSMENTS

If separating spouses can't reach agreement on their own, the judge can request Family Conciliation to conduct a court-ordered assessment to assist the court in determining resolution of access and custody issues. They will meet with you, your ex-spouse and perhaps your children, then write a report with recommendations on how the needs of the children can best be met. This report is

forwarded to both lawyers and to the court. Although the counsellor will provide a professional, objective opinion on the issues you are trying to sort out, her/his word is not the final decision. That decision rests with the judge. In practice, many families find that they are able to reach an agreement without returning to court.

MAINTENANCE ENFORCEMENT PROGRAM

The Maintenance Enforcement Program (MEP), operated by the Manitoba Department of Justice, enforces Court ordered maintenance payments. It provides automatic enforcement, computerized monitoring of payments and free legal representation in court, for a person seeking to enforce a maintenance order. Manitoba has agreements with other provinces, states and countries to enforce maintenance orders for each other. If there is a default in the payment of maintenance, the person entitled to receive the payment is not required to do anything to enforce the order. This person should provide any information she/he has about where the defaulter is working, living, does her/his banking. The defaulter's wages may be garnished, bank accounts or some payments due, such as Unemployment Insurance Cheque (UIC), Income Tax Refunds, GST Rebates, etc. or the defaulter may have to "show cause" for not paying, before a judge. As a last resort, the defaulter may be jailed.

Once a maintenance order has been made, it can be reviewed at any time there is a change in the

circumstances of either parent or the needs of the children e.g. an increase is needed to meet rising costs of older children. This should be discussed with your lawyer.

OTHER SUGGESTIONS

1. Know your ex-spouse's Date of Birth and Social Insurance Number.
2. Whenever calling MEP write down your information or question before you call and do not elaborate unless asked.
3. Never accept "direct payments from your ex-spouse". These payments are not entered into the computer at MEP.
4. Before the order for maintenance is in force, insist that the support be paid through your lawyer or by cheque, for which you can write a receipt.
5. Do not allow "direct deposit" to your bank account.

Once the defaulter is in arrears, the name is registered with the Department of Justice and Internal Revenue in Ottawa. In the following years any Income Tax Return, GST Rebate or Unemployment Insurance Cheque (UIC) can be garnished until the arrears are paid. This also includes Old Age Security payments. For details, request, the booklet "Family Law in Manitoba" from the MEP.

The Maintenance Enforcement Program does not cost you anything and your ex-spouse's name remains active with the Federal and Provincial computers. Continue to stay with the Program

and call in any changes of address, or name. You may receive a large lump sum payment one day!

MAINTENANCE ENFORCEMENT PROGRAM (MEP)
14th Floor - 405 Broadway
Winnipeg, Manitoba R3N 0H6
(204) 945-7133
1-800-282-8069

LANGUAGE TRANSLATION

Translation for many languages, including aboriginal languages, is available by calling:

THE LANGUAGE BANK OF WINNIPEG
International Centre
406 Edmonton Street
Winnipeg, Manitoba R3B 2M2
(204) 943-9158

ELIZABETH FRY SOCIETY OF MANITOBA

The Elizabeth Fry Society is a volunteer, community-based agency serving the needs of women who are, have been or may be at risk of becoming involved in the criminal justice system. One program they run is Stop-Lift, a 12-week counselling group for women who shoplift. If you have been, or think that you will be, charged by the police, call the Elizabeth Fry Society immediately. They will give you legal advice and

tell you what to expect in court. Sometimes they are able to be in court to offer you support. For example, if you are in trouble with the law, it could happen that Child and Family Services would seize your children and accuse you of neglecting them. Even if they only threaten to do so, get in touch with the Elizabeth Fry Society. If they can't give you the specific advice that you need, they will put you in touch with someone who will. Another option is to attend a community law centre drop-in. In an emergency, Legal Aid offers a 24-hour on call service. For a court appearance, get the advice of the Legal Aid Duty Counsel in the courtroom.

ELIZABETH FRY SOCIETY OF MANITOBA
773 Selkirk Avenue
Winnipeg, Manitoba R2W 2N5
(204) 589-7335

JOHN HOWARD SOCIETY OF MANITOBA, INC.

The John Howard Society of Manitoba, Inc. is a voluntary, non-profit organization which provides counselling, assistance and information for inmates, ex-inmates, and their families. Programs include institutional visiting, court monitoring and employment assistance.

JOHN HOWARD SOCIETY OF MANITOBA, INC.
583 Ellice Avenue
Winnipeg, Manitoba R3B 1Z7
(204) 775-1514

OTHER CONTACTS:

LAW SOCIETY OF MANITOBA
219 Kennedy Street
Winnipeg, Manitoba R3C 1S8
(204) 942-5571

WOMEN'S ADVOCACY PROGRAM
5th Floor - 405 Broadway
Winnipeg, Manitoba R3C 3L6
(204) 945-6851
1-800-282-8069

YOUTH OFFICE
635 Broadway
Winnipeg, Manitoba R3C 0X1
(204) 985-8570 24-hour

COURT VICTIM/WITNESS ASSISTANCE PROGRAM
4th Floor - 408 York Avenue
Winnipeg, Manitoba R3C 0P9
(204) 945-3594
1-800-282-8069

PUBLICATIONS LISTING

These booklets and brochures are available free of charge at most of the agencies discussed in this Chapter. Each agency displays a variety of publications.

Another Way: Mediation in Divorce and Separation

Divorce Law - Questions and Answers

> Communciations and Public Affairs Department
> Department of Justice
> Ottawa, Ontario K1A 0H8

Legal Aid... When You Can't Afford a Lawyer... A Guide to the Services Available from Legal Aid Manitoba

> Legal Aid Manitoba

When a Family Breaks Up

Know Your Lawyer

Understanding Your Lawyer's Fee

> Law Society of Manitoba

Maintenance Enforcement - Court Services

> Manitoba Attorney General
Maintenance Enforcement Program

Family Conciliation - Support for Families in Dispute

Court Ordered Assessment

> Manitoba Attorney General
Family Conciliation Services Department

Stop Lifting - We Can Help

> Elizabeth Fry Society

CHILDCARE

"Winnipeg has more licensed day care spaces per child than just about anywhere else in the country. We have Canada's highest legislated standards for child care workers. With fees among the lowest, and day care services available in Hebrew, Mandarin, German, Ukrainian, French and English". 100 Reasons to Love Winnipeg. The Child Day Care Office has published an excellent 16 page booklet "Quality Child Care... A Parent's Guide" which provides a more detailed look at child care options available in Manitoba.

TYPES OF CHILDCARE

In Manitoba there are two major types of day care available for your child - day care centres and day care homes.

Day Care Centres

SIX POSSIBILITIES

> Full Time Preschool - Children 3 months to 6 years - to meet the needs of parents who need full time care for their children. 7 or 8 a.m. - 5 or 6 p.m. Some evening or overnight.

> Part Time or Nursery School - Children

under 6 years of age - for parents who may or may not work outside the home but who want an enriching experience for their child. 2 or 3 hours a day, 2 to 5 days a week.

> School Age - Children 6 - 12 years of age - while not attending school: before and after school and at noon, teacher in - service days, seasonal vacations.

Day Care Homes

> Family Day Care - in a family dwelling. Maximum of 8 children, no more than five under the age of 6, no more than 3 under the age of 2. Day care provider's own children are included in this maximum.

> Private Home Day Care - in a family dwelling. Provider may operate without a license and care for up to 4 children under 12 with no more than 2 under the age of 2.

> Group Day Care Home - run by two caregivers in one of their homes. A licensed group day care home can accommodate up to 12 children under 12, not more than 3 under the age of 2.

SUBSIDIES

AM I ELIGIBLE?

To find out whether or not you are eligible for a subsidy, phone the Intake Coordinator at the Child Day Care Office. They will give you the basic information and send you an application form. Ask them to send you a list of day-care centres in your area and a copy of their excellent booklet "Quality Child Care - A Parent's Guide".

SLIDING SCALE

The Day Care Office will require, along with your application, a "Verification of Income Statement" from your employer. Subsidies are on a sliding scale, based on your income. You will be notified of the amount of subsidy you will receive. All parents must pay $1.00 per day. Subsidies are renewed on a 6-month basis.

If you are unemployed, you are eligible for subsidized care 8 weeks every 6 months while you look for work.

CHILD DAY CARE OFFICE
2nd Floor - 114 Garry Street
Winnipeg, Manitoba R3C 1G1
(204) 945-2197
1-800-282-8069

CHILD DAY CARE OFFICES OUTSIDE OF WINNIPEG:

INTERLAKE REGION
446 Main Street
Selkirk, Manitoba R1A 1V7
(204) 785-5100

NORMAN REGION
Box 550
50 Church Street
Flin Flon, Manitoba R8N 1N4
(204) 687-3457

CENTRAL REGION
25 Tupper Street, North
Portage la Prairie, Manitoba R1N 3K1
(204) 239-3121

SOUTH CENTRAL REGION
Box 968
Morden, Manitoba R0G 1J0
(204) 822-5425

PARKLANDS REGION
15 - 1st Avenue, S.W.
Dauphin, Manitoba R7N 1R9
(204) 638-7024

WESTMAN REGION
340 - 9th Street
Brandon, Manitoba R7A 6C2
(204) 726-6337
1-800-572-1040

EASTMAN REGION
20 - 1st Street, South
Beausejour, Manitoba R0E 0C0
(204) 268-1411

THOMPSON REGION
871 Thompson Drive, South
Thompson, Manitoba R8N 0C8
(204) 677-6570

APPEALS

Under the Community Child Day Care Standards Act you may appeal either the amount of subsidy assessed or the decision of Child Day Care not to grant subsidy. An appeal must be made in writing within 15 days of receipt of your subsidy decision, to:

SOCIAL SERVICES ADVISORY COMMITTEE
Room 302-259 Portage Avenue
Winnipeg, Manitoba R3B 2A9
(204) 945-3003
1-800-282-8069

SELECTING A DAY CARE

Before you make a decision on the day care centre or home where you would like to place your child, you should take some time to visit the homes in which you are interested. The Child Day Care Office's booklet "Quality Child Care - A Parent's Guide" outlines in detail, six basic areas that you should consider before you make your decision.

* *the daily program - well planned, balanced and flexible, suitable for your child's needs*

* *behaviour management policy - a range of positive methods of handling unacceptable behaviour*

* *health, safety and nutrition - procedures for medications, first aid, meals and snacks*

* *furnishings and equipment - safety features and use of equipment to develop children's learning*

* *staff training and staff - to - child ratios - these two items will be important determining factors in your child's day care experience*

* *administrative policy - hours of operation, additional charges, sick day policy, subsidy arrangements, withdrawal notice*

The Guide provides specific questions for you to ask so that you will have solid information on which to base your choice of centre/home.

RURAL AND FARM CHILDREN

Farm women need child care outside the usual Monday to Friday, 9-5. Recently, the Child Day Care Office has begun to take steps to address the deficiency in the system. They are also studying possibilities for child care centres on reserves.

OTHER OPTIONS

IN HOME CARE

If you are not eligible for subsidy you may consider hiring a babysitter to come to your home. Difficulties that you would have to consider would be that she/he will be caring for your children unsupervised, she/he may be untrained, and you would be stuck if she/he became sick or quit suddenly. You also have the alternative to hire a live-in domestic nanny. However, you may enjoy the company or find the arrangement claustrophobic! You might even consider hiring a university student. Contact the University of Manitoba's or Winnipeg's Student Counselling Department to post your advertisement.

EMERGENCIES

BE AWARE: In Manitoba it is illegal to leave a child under the age of 12 years at home alone. Take the time to teach your child what to do in an emergency, what to say to callers and rules of the house. The South Winnipeg Family Information Centre offers a course on survival skills for latch-key children. Contact your resource centre to see if they run such courses. Also available from the Manitoba Safety Council is a publication entitled "On Your Own - A Book for Kids Learning to Be At Home Alone (and their parents)".

Babysitting skill courses are run by a number of school divisions and resource centres. You can contact the Manitoba Safety Council and purchase the "Babysitter Training Student Manual".

MY CHILD IS SICK

One big problem, especially for single parents, is what to do when your child is sick. You are not allowed to bring him/her to day care. If you do not have a neighbour, friend or family member who would be available to care for your sick child and you can't take the time off from work or school. One suggestion is to advertise (in advance) in the local paper for a babysitter for emergencies like this.

SPECIAL NOTES

1. Find out before hand what the extra cost, if any, is in your day care should you arrive late to pick up your child.

2. Get involved in your day care. Sit on the Board. Attend Annual General Meetings. Some Boards require parental participation.

3. If you are having any problems with the Day Care and they are not resolved through discussion with the Director, contact the Child Day Care Office immediately.

SPECIAL NEEDS CHILDREN

WHAT IS AVAILABLE FOR SPECIAL NEEDS?

Many day cares are able to accommodate the needs of children with disabilities. Some day cares employ a child care worker who has been specially trained in "special needs". You can call the daycare centres in your area, or the Child Day Care Office, to find a place for your child or, the Society for Manitobans with Disabilities may be able to recommend a day care centre. The St.

Amant Centre has a 50/50 ratio of able-bodied to disabled children in their day care. If you have a child with a severe behaviour management problem the Child Day Care Office will help you find a day care for your child and will also do a special needs assessment.

SPECIAL SOCIAL NEEDS SUBSIDY

If you are finding single-parenting difficult, you may be eligible for day care subsidy under "special needs". To apply for a subsidy under "special needs" you need a letter from your social worker, Public Health Nurse, doctor or perhaps a psychologist. Check with the Child Day Care Office to see who they would like this letter to come from. Your "special need" could involve: ESL classes, recovering from an illness or operation, social or emotional difficulties, experiencing problems with alcohol or drugs, behaviour problems in your child, the child may need socialization, intellectural or language skills, or just need to be around other children.

OTHER CONTACTS:

MANITOBA CHILD CARE ASSOCIATION, INC.
364 McGregor Street
Winnipeg, Manitoba R2W 4X3
(204) 586-8587

MANITOBA SAFETY COUNCIL
202-213 Notre Dame Avenue
Winnipeg, Manitoba R3B 1N3
(204) 949-1085

PUBLICATIONS LISTING

The following brochures or booklets are available from your nearest Child Day Care Office.

Child Care Program

> Health & Welfare Canada

Quality Child Care: A Parents' Guide

Children with Disabilities Program Guide

> Family Services Department
> Child Day Care Office

On Your Own

> by Saskatchewan Safety Council
> from Manitoba Safety Council

Babysitter Training Student Manual

> Manitoba Safety Council

SOCIAL ASSISTANCE

For many single parents the mere thought of being on Welfare is depressing. They see it as part of a downhill slide into poverty, derelict housing and a life of misery and despair. Too many people accept the negative stereotype of the typical Welfare recipient as a person who is bored, depressed, angry, hungry, unemployable and untrainable. Naturally people are terrified of falling into this Welfare trap. In fact, to many, Welfare is a means of support only while the children are young, until the parent can work full-time and earn enough to support the family.

Often people are reluctant to leave a marriage or common-law arrangement because they believe that they will not qualify for Welfare. However, Income Security will give financial assistance to anyone who does not have enough money to pay for the basic necessities considered essential for their health and well-being.

APPLYING FOR SOCIAL ASSISTANCE

DO I QUALIFY?

Single parents in financial need have immediate access to Manitoba's Social Assistance Program. Sole support parents no longer have to be separated or deserted for more than 90 days before being eligible.

Single parents go directly to Provincial Social Assistance, not to city or municipal support.

REQUIRED DOCUMENTS

Be prepared! Have all necessary documents ready - your marriage certificate, birth certificates including your children's, your former partner's pay stub (if available), your pay stubs, bank statements, immigration documents, Social Insurance Number (SIN), Manitoba Health Services Commission Card (M.H.S.C), letters from doctors if there is a long-term illness in the family, any education certificates or results you may have, recent bills for utilities that are not covered in your rent and any legal documents you may have.

FILE FOLDER & JOURNAL

SUGGESTION: Make up a file folder to keep all your documents. Keep a journal and record questions in advance and the answers, if possible. Also record all phone calls - dates and times. Then you can take your file folder with your journal to all business meetings with your Income Security Officer, lawyer or education agencies.

When you apply, you will receive enough assistance for 14 days plus your rent. You will be assigned an Income Security Officer at this time. She/he may make a home visit within 14 days. All Social Allowance cheques are mailed. When you first apply, ask for a copy of "Social Allowance Program Guide". This brochure is full of useful information about Social Assistance.

NORTH DISTRICT OFFICE
1790 Main Street
Winnipeg, Manitoba R2V 2A1
(204) 945-6060
(204) 774-6959 (After Hours)

SOCIAL ASSISTANCE OFFICES OUTSIDE OF WINNIPEG:

SOUTH-WEST DISTRICT OFFICE
312-880 Portage Avenue
Winnipeg, Manitoba R3G 0P1
(204) 945-4644

CENTRAL DISTRICT OFFICE
164 Isabel Street
Winnipeg, Manitoba R3A 1G5
(204) 945-6940

CENTRAL REGION OFFICE
25 Tupper Street, North
Portage la Prairie, Manitoba R1N 3K1
(204) 239-3110

MORDEN REGION OFFICE
120 - 2nd Street
Morden, Manitoba R0G 1J0
(204) 822-4496

EASTMAN REGION OFFICE
20 - 1st Street, South
Beausejour, Manitoba R0E 0C0
(204) 268-1411

INTERLAKE REGION OFFICE
446 Main Street
Selkirk, Manitoba R1A 1V7
(204) 785-5100

NORMAN REGION OFFICE
Box 550 - 50 Church Street
Flin Flon, Manitoba R8N 1N4
(204) 687-3457

PARKLANDS REGION OFFICE
15 - 1st Avenue, S.W.
Dauphin, Manitoba R7N 1R9
(204) 638-7024

SWAN RIVER REGION OFFICE
201 Fourth Avenue, South
Swan River, Manitoba R0L 1Z0
(204) 734-3491

THOMPSON REGION OFFICE
871 Thompson Drive, South
Thompson, Manitoba R8N 0C8
(204) 677-6570

WESTMAN REGION OFFICE
340 - 9th Street
Brandon, Manitoba R7A 6C2
(204) 726-6337
1-800-572-1040

HOME VISITS AND THE ANNUAL REVIEW

HOME VISITS

You should expect your Income Security Officer to arrange an initial home visit within 14 days, then a visit every one or two years. This is an opportunity for you to ask any questions or voice concerns. Remember, you do not have to let your Income Security Officer in if they appear unannounced. They are to give you 24-hours notice and state the purpose of the visit. The frequency of visits by your Income Security Officer depends a lot on each individual Officer and luck! Try to relax and handle the home visit with confidence and you will most likely have a successful outcome.

ANNUAL REVIEW

Once a year you will have to complete 4-paged Annual Review Form. You will record your income and expenditures over the last 12 months. This is where you will note any underpayments in utilities, but you must be able to furnish the receipts. All changes will be recorded here, for example, one of the children has gone to live with his father. WORD OF ADVICE: Remember to get this form in on time or you may not receive your next cheque.

HEALTH NEEDS

SOCIAL ALLOWANCES HEALTH SERVICES CARD

Social Assistance will send you a card every 3 months, which entitles you to prescribed medicines, dental and optical services and supplies which are not covered by Manitoba Health Services Commission.

MAINTENANCE

CHILD SUPPORT

Any child or spousal support you receive by cash or cheque from your former partner or husband must be declared to Social Assistance. It will be deducted from your monthly allowance cheque. If you have not taken steps to get child support, Social Assistance will urge you to, although for the first 3 months they may not do so, because they believe there may be a chance for reconciliation. Legal Aid will inform Social Assistance that legal action has begun or that you have acquired legal aid.

Though it may seem unimportant to try to get maintenance, since it is paid to Social Assistance, it is very important to establish the responsibility of the former partner to support the children. If you go off Social Assistance, then the payments are already in place.

CHILD RELATED INCOME SUPPORT PROGRAM (CRISP)

Child Related Income Support Program (CRISP) pays maximum and partial benefits determined by the family's annual income and the number of children under 18 years of age. The program provides monthly benefits to low-income Manitoba families to assist them with the cost of raising their children. Social Assistance deducts the amount of these payments from the monthly cheques but, as is the case with Maintenance payments, if you go off assistance, your CRISP payments are in place and you may still be eligible for some or all of it.

CHILD RELATED INCOME SUPPORT PROGRAM (CRISP)
P.O. Box 3000
Killarney, Manitoba R0K 1G0
(204) 523-4499 (Local Residents)
1-800-563-8793

YOUR CHILDREN'S EARNINGS

One way to increase the family income is to let

your children earn money for their own wants and needs for example, delivering the paper or babysitting. These earnings are exempt from consideration as the parent's income.

SPECIAL NEEDS

USE OF SPECIAL NEEDS FUNDS

Special Needs Fund are usually limited to $150 per year per household, with some exceptions. This money is used to replace/repair, buy furniture, bedding or pay for house contents insurance or school supplies. You also have an "Extra Special Needs" so if you use your "Special Needs" fund, this fund may be applied for other needs. You are also entitled to a special payment for bedding every few years.

STUDENT SOCIAL ALLOWANCES

If you enroll in an approved educational program, you may apply to Student Social Allowances for assistance.

STUDENT SOCIAL ALLOWANCES
Box 7 - 693 Taylor Avenue
Winnipeg, Manitoba R3M 3T9
(204) 945-6100
1-800-282-8069

HOME REPAIRS

If you own your own house, and are paying the

mortgage, you are entitled to $200 per year for minor home repairs, which would include paint and wallpaper.

APPEALS & ADVOCACY GROUP

NOTICE OF APPEAL

You can appeal any decision made by Social Assistance by filing a written "Notice of Appeal" within 15 days of receiving notification of the decision. The "Notice of Appeal" can be in the form of a letter or a completed appeal form. Be sure to keep all written correspondence between you and the Social Allowance officers, including copies of your own statements and replies. The Social Services Advisory Committee will hold hearings so that you and/or your representative can present your case.

SOCIAL SERVICES ADVISORY COMMITTEE
302-259 Portage Avenue
Winnipeg, Manitoba R3B 2A9
(204) 945-3003
1-800-282-8069

MAPO

Since 1985, the Manitoba Anti-Poverty Organization (MAPO) has been providing information and support for the poor of the province. MAPO is non-profit, non-government organization. They are open Monday - Friday, 8:30 - 4:30.

MAPO has a 50-page booklet entitled "Know Your Welfare Rights". It is available free of charge and

has excellent advice and information on types of Social Assistance, liens and sample forms.

MANITOBA ANTI-POVERTY ORGANIZATION (MAPO)
365 McGee Street
St. Matthews - Maryland Church Basement
Winnipeg, Manitoba R3G 3M5
(204) 786-3323

REMEMBER

- Social Assistance recipients are permitted to have a car. However, you are responsible for the Autopac, emergency care repairs etc.
- Social Assistance recipients are allowed to have savings of up $400 per person, to a maximum of $2,000 per family. However, this does not apply to short-term assistance.
- You are permitted to keep gifts of under $100
- You are permitted to keep without deduction from your monthly Welfare cheques - GST refund cheques, Child Tax Credit and your Income Tax Returns.

OTHER CONTACTS:

COMMUNITY FINANCIAL COUNSELLING SERVICE
500 - 365 Hargrave Street
Winnipeg, Manitoba R3B 2K3
(204) 944-9704

CONSUMER & CORPORATE AFFAIRS (BANKRUPTCY)
203 - 260 St. Mary Avenue
Winnipeg, Manitoba R3C 0M6
(204) 983-3229

SUPPORT SERVICES

Being a parent is hard work and being a single parent is especially tough. No doubt you sometimes have feelings of depression, loneliness, grief, guilt and inferiority. To a certain extent you have to accept that day-to-day parenting is a struggle but you can take steps to deal with specific parenting issues. It is essential for your well-being that you develop a support group, either a formal or an informal group, so that you do not feel alone in facing your "single" life. In rural communities, there may be few formal groups, but try to establish a support network.

COUNSELLING

Everyone has a few "low" days. For some people these days can seem so endless that they think of suicide. If you should have thoughts about suicide, Klinic Crisis Line can help you. If lines are busy, call a friend or relative to help you hang on until you can get help.

FEES

Most counselling agencies have a sliding-scale fee which means that you are charged according to your income, and social assistant recipients or

BLUE CROSS

their equivalents are usually free. Be sure to ask about fees before you begin. If you have Blue Cross Extended Health Coverage you can claim as much as $280.00 per year, if your counsellor is a professional psychologist and registered with the Psychological Association of Manitoba. Your place of employment may also have counselling available through an employee assistance program.

Remember, if you are unhappy with a counsellor never be afraid to find another. Your counsellor should listen attentively, not be judgmental and help you to a new understanding of yourself and your options. If this does not happen after 2 or 3 sessions, find another counsellor.

KLINIC
870 Portage Avenue
Winnipeg, Manitoba R3G 0P1
(204) 784-4090
(204) 784-4000 (Crisis & Suicide)
(204) 784-4040 (Sexual Assault-Rape)

SUICIDE PREVENTION INTERVENTION NETWORK
c/o Canadian Mental Health
836 Ellice Avenue
Winnipeg, Manitoba R3G 0C2
(204) 775-8655

TEEN TOUCH, INC.
2nd Floor - 139 Tuxedo Avenue (Bldg. 3)
Winnipeg, Manitoba R3N 0H6
(204) 783-1116 (24 Hour Distress Line)
1-800-563-8336

DROP-IN CENTRES

Drop-in centres vary somewhat in the services they offer and these services often vary from time to time with the needs of the clients. They all offer some form of basic counselling, such as crisis counselling, and referral to agencies that can help you. You can call or visit any of these centres anytime!

PARENTING

Parenting is the most difficult job in the world, and there is little or no training for it. When you are doing it by yourself, the pressures are tremendous. Many groups or agencies provide support for parents in dealing with these pressures, which differ greatly as the child goes through the various ages and stages. Following is a list of some of these support services.

MOM'S & TWO'S PROGRAMS

Mom's & Two's Programs are run by community centres and listed in Leisure Guides delivered to your door or, phone the Parks and Recreation office in your area found in the grey pages of the Telephone Directory under City of Winnipeg.

CHILD GUIDANCE CLINIC
700 Elgin Avenue
Winnipeg, Manitoba R3E 1B2
(204) 786-7841

Counsellors visit schools on a regular basis to provide counselling for school age children.

Arrangements are made through the school.

RIVER HEIGHTS FAMILY LIFE EDUCATION CENTRE
925 Jessie Avenue
Winnipeg, Manitoba R3M 0Z9
(204) 453-1271

The River Heights Family Life Education Centre provides education and prevention programs to support and strengthen family relationships. The Centre offers programs that deal with all phases of family life, including pre-marriage, marriage enrichment, parenting, play programs and personal growth. Runs courses on "How to Talk So Kids Will Listen ... and How to Listen So Kids Will Talk"

LA LECHE LEAGUE
89 Moore Avenue
Winnipeg, Manitoba R3M 2C3
(204) 257-3509

La Leche League is a non-profit organization, which provides information and support to women who wish to breast feed their babies. The League holds monthly meetings, have a lending library and provides a special group for mothers of twins and triplets.

INTERFAITH PASTORAL INSTITUTE
University of Winnipeg
2S03 - 515 Portage Avenue
Winnipeg, Manitoba R3B 2E9
(204) 786-9251

Interfaith provides individual, family, marriage and grief counselling. The Institute works with children

affected by separation and divorce, they also conduct marriage preparation programs.

TOUGHLOVE PARENT SUPPORT GROUP
c/o Regent's Park United Church
613 St. Mary's Road
Winnipeg, Manitoba R2M 3L8
(204) 667-0200

Toughlove offers self-help groups for parents or anyone who lives with a youth having difficulty with her/his behavior.

ALCOHOL FOUNDATION OF MANITOBA
YOUTH UNIT
100 Nassau Street, North
Winnipeg, Manitoba R3L 2H1
(204) 944-6235

Parents Intervention Program - for parents concerned about their teenagers' possible abuse of drugs and alcohol. Sponsors "Families Anonymous" group. Provides youth non-residential services, prevention and education services.

CROSSROADS FAMILY CENTRE
211 Isabel Street
Winnipeg, Manitoba R3A 1R6
(204) 942-4915

Runs most mornings and afternoons 1 evening per week; you can bring your children but you must stay at the centre while your children are there. Parents can attend classes in basic sewing or cooking skills. Assistance available for tasks such as filling out housing forms or job applications. On Friday afternoons there is a mixed support group run by a professional.

NORTH END WOMEN'S CENTRE
453 Selkirk Avenue
Winnipeg, Manitoba R2W 2M4
(204) 589-7347

Runs from 9-5 p.m. daily and you can bring children of any age; you must stay at the centre while your children are there; there is a weekly sharing circle and a parenting group for women; one evening per week there is a self-help group for Adult Children of Alcoholics. You can see either of the two counsellors by dropping in or making an appointment. These counsellors can help you in any area and will refer you to another agency if you wish.

FAMILY SERVICES OF WINNIPEG
400 - 287 Broadway
Winnipeg, Manitoba R3C 0R9
(204) 947-1401

Family Services of Winnipeg provides individual, family and marriage counselling. They provide temporary homemaker services for low income families when one parent is absent, ill or disabled. Also, Family Services provides family day care placement for special needs children 1-12 years of age.

CHILD & FAMILY SERVICES

Child & Family Services provides child welfare services such as counselling and placement services for children, abuse counselling, case work, services for single parents, emergency

homemaker service, adoption services, community development services and foster parenting. Call the office nearest you to find out what services are provided nearest you. Child & Family Services also provides a variety of services and operates a variety of field offices and resource centres.

CHILD & FAMILY SERVICES OFFICES OUTSIDE OF WINNIPEG:

CENTRAL WINNIPEG
2nd Floor - 831 Portage Avenue
Winnipeg, Manitoba R3G 0N6
(204) 944-4200

EAST WINNIPEG
123 B Marion Street
Winnipeg, Manitoba R2H 0T3
(204) 233-8931

WEST WINNIPEG
2393 Ness Avenue
Winnipeg, Manitoba R3J 1A5
(204) 944-4437

WESTMAN REGIONAL OFFICE
100 - 9th Street
Brandon, Manitoba R7A 6C2
(204) 726-6030

PARKLAND REGIONAL OFFICE
15 - 1st Avenue S.W.
Dauphin, Manitoba R7N 1R9
(204) 638-7024

NORMAN REGIONAL OFFICE
Box 550 - 50 Church Street
Flin Flon, Manitoba R8N 1N4
(204) 687-3457

THOMPSON REGIONAL OFFICE
871 Thompson Drive South
Thompson, Manitoba R8N 0C8
(204) 677-6570

EASTMAN REGIONAL OFFICE
20 - 1st Street, South
Beausejour, Manitoba R0E 0C0
(204) 268-1411

CENTRAL REGIONAL OFFICE
25 Tupper Street, North
Portage la Prairie, Manitoba R1N 3K1
(204) 239-3110

INTERLAKE REGIONAL OFFICE
446 Main Street
Selkirk, Manitoba R1A 1V7
(204) 785-5100

YOUNG PARENTS
100-475 Sargent Avenue
Winnipeg, Manitoba R3B 1V7
(204) 775-9935

In this program you can make an appointment to leave your children (ages 3 months - 5 years) for child care 2 half days per week. The drop-in centre runs all week and there are regular support groups. You can sign up for prenatal classes or courses such as parenting, cooking or crafts.

LUXTON PLAY CENTRE
111 Polson Avenue
Winnipeg, Manitoba R2W 0M5
(204) 589-4368

Operates a cooperatively run play centre for parents, infants and pre-schoolers. Offers a special place for parents and their children to meet, play, socialize and develop new skills.

SOUTH WINNIPEG FAMILY INFORMATION CENTRE
3 - 96 Pulberry Street
Winnipeg, Manitoba R2M 3X6
(204) 253-9250

South Winnipeg Family Information Centre offers educational programs for parents and children including STEP and STEP TEEN, childbirth preparation, child development, leadership training, couples communication, youth & children's life skills workshops, a babysitting course and drop-in play programs. The Centre has programs for children and adolescents experiencing a death or divorce, as well as groups for single parent families.

MOTHERS' MORNING OFF
Westminster United Church
745 Westminster Avenue
Winnipeg, Manitoba R3G 1A6
(204) 772-6330

Offers a drop-in program for young mothers of the neighbourhood providing them with a morning off from caring for their children. Provides quality babysitting, a place to socialize and will also arrange films, speakers, tours, etc. Hours are every Tuesday mornings 9:30 a.m. - 11:15 a.m.

PARENT CHILD CENTRES

The Parent Child Centres provides a drop-in play and resource centre for families with small children. The Centres offer a large play area, a toy and a book lending library. Also, programs for parents are organized as required. Resource library provides information on community and neighbourhood resources.

765 Pacific Avenue
(Pinkham School)
Winnipeg, Manitoba R3E 1G1
(204) 774-6854

500 Riverton Avenue
(River Elm School)
Winnipeg, Manitoba R2L 0N9
(204) 667-2320

233 McKenzie Street
(Strathcona School)
Winnipeg, Manitoba R2W 4Z3
(204) 586-3513

EMERGENCY & CRISIS LINES

WINNIPEG CRISIS LINE
(204) 942-3052 (24 Hours)

IKWE-WIDJITIWIN
1-800-362-3344 (24 Hours)

MA MAWI WI CHI ITATA CENTRE
(204) 774-6531 (9 a.m. - 5 p.m.)
(204) 786-0910 (5 p.m. - 3 a.m.)

EVOLVE
(204) 788-4402

SUPPORT GROUPS

There are a number of support groups. You can join a group or call to get some quick help or to find out where you can get some financial assistance.

Y-NEIGHBOURS
TAKE A BREAK
Contact the YM/YWCA nearest you (see Page 51).

YM/YWCA Groups - women and children meet weekly to hear guest speakers and to visit. A good place to exchange information on babysitters and Day Cares.

MOTHERS' FIRST HELP LINE
(204) 947-3472

RAP-RESOURCES FOR ADOLESCENT PARENTS
301-777 Portage Avenue
Winnipeg, Manitoba R3G 0N3
(204) 786-7051

ADOLESCENT PARENT CENTRES & PREGNANT TEENS
136 Cecil Street
Winnipeg, Manitoba R3E 2Y9
(204) 775-5440

ALCOHOL FOUNDATION OF MANITOBA
1031 Portage Avenue
Winnipeg, Manitoba R3G 3R8
(204) 944-6200

TEEN DROP-IN CLINIC
Women's Health Clinic
3rd Floor - 419 Graham Avenue
Winnipeg, Manitoba R3C 0M3
(204) 947-1517

MOUNT CARMEL CLINIC
886 Main Street
Winnipeg, Manitoba R2W 5L4
(204) 582-2311

RESOURCE CENTRES:

ELIZABETH FRY SOCIETY
773 Selkirk Avenue
Winnipeg, Manitoba R2W 2N5
(204) 589-7335

FORT GARRY WOMEN'S RESOURCE CENTRE
1910 Pembina Highway
Winnipeg, Manitoba R3T 4S8
(204) 269-6836

NORTH END WOMEN'S RESOURCE CENTRE
453 Selkirk Avenue
Winnipeg, Manitoba R2W 2M4
(204) 589-7347

PLURI-ELLES
186 Goulet Street
Winnipeg, Manitoba R2H 0R8
(204) 233-1735

GAY/LESBIAN RESOURCE CENTRE
Box 1661
Winnipeg, Manitoba R3C 2Z6
(204) 474-0212

RESOURCES FOR WOMEN
301 - 777 Portage Avenue
Winnipeg, Manitoba R3G 3L1
(204) 786-7051

RESEAU
115 - 383 Provencher Blvd.
Winnipeg, Manitoba R2H 0G9
(204) 235-0640

ORIGINAL WOMEN'S NETWORK
356 A Stella Avenue
Winnipeg, Manitoba R2W 2T9
(204) 582-2383

MEN'S NETWORK OF MANITOBA
P.O. Box 26022
Winnipeg, Manitoba R3C 1K9

IMMIGRANT WOMEN'S ASSOCIATIONS

The Immigrant Women's Associations of Manitoba provides information and counselling to immigrant women suffering from abuse or family violence. Also acts as an advocate for immigrant women.

IMMIGRANT WOMEN'S ASSOCIATION OF MANITOBA
201- 323 Portage Avenue
Winnipeg, Manitoba R3B 2C1
(204) 989-5800

IMMIGRANT WOMEN'S ASSOCIATIONS OUTSIDE OF WINNIPEG:

BRANDON REGION OFFICE
17 Neepawa Drive
Brandon, Manitoba R7B 2Z2
(204) 725-0217

THOMPSON REGION OFFICE
83 Yale Avenue
Thompson, Manitoba R8N 0K3
(204) 677-4205

PORTAGE LA PRAIRIE REGION OFFICE
18 Burns Bay
Portage la Prairie, Manitoba R1N 3N5

RESOURCE CENTRES OUTSIDE OF WINNIPEG:

OPASQUIAK WOMEN'S RESOURCE CENTRE
Box 3137
The Pas, Manitoba R9A 1R7
(204) 623-4422

NORTHERN WOMEN'S RESOURCE CENTRE
Box 266
Flin Flon, Manitoba R8A 1M9
(204) 687-3346

YM/YWCA

The YM/YWCA offers a variety of community resources, fitness facilities for men, women and children. Programs include: Widow's Consultation Centre, Self-Help Group for Separated & Divorced Women, Suicide Bereavement Group, Y Neighbours, Take A Break, Women's Resource Centre, etc. Contact the

YM/YWCA nearest you for details of all their programs.

YM/YWCA - DOWNTOWN
100-290 Vaughan Street
Winnipeg, Manitoba R3B 2N8
(204) 943-0381

YM/YWCA - ELMWOOD
454 Kimberly Avenue
Winnipeg, Manitoba R2K 0X8
(204) 668-8140

YM/YWCA - NORTH BRANCH
365 McGregor Street
Winnipeg, Manitoba R2W 4X4
(204) 589-8325

YM/YWCA - ST. JAMES BRANCH
150 Ferry Street
Winnipeg, Manitoba R3J 1V7
(204) 888-7924

YM/YWCA - SOUTH BRANCH
5 Fermor Avenue
Winnipeg, Manitoba R2M 0Y1
(204) 233-3476

YM/YWCA OFFICES OUTSIDE OF WINNIPEG:

BRANDON REGION BRANCH
146-11th Street
Brandon, Manitoba R7A 4J4
(204) 727-5014

THOMPSON REGION BRANCH
39 Nickel Road
Thompson, Manitoba R8N 0Y5
(204) 778-6341

MANITOBA ACTION COMMITTEE ON THE STATUS OF WOMEN

MACSW is a non-profit organization that advocates and supports issues concerning women. MACSW produces a monthly newsletter about current women's issues.

WINNIPEG OFFICE
16 - 222 Osborne Street, South
Winnipeg, Manitoba R3L 1Z3
(204) 453-3879 (Voice/TDD)

MACSW OFFICES OUTSIDE OF WINNIPEG:

BRANDON OFFICE
133 - 10th Street
Brandon, Manitoba R7A 4E7
(204) 725-2955

THOMPSON OFFICE
Box 722 - 39 Nickel Road
Thompson, Manitoba R8N 1N5
(204) 778-8549

PARKLANDS OFFICE
Box 23 - 118 Main Street, South
Dauphin, Manitoba R7N 2T9
(204) 638-3599

HEALTH

When you are parenting alone, it is very important to look after your physical health, as well as your emotional well-being. Dealing with all the responsibilities of a single parent is a tremendous workload. Poor health leads to weariness, irritability, and depression. Many parents look after their children's health needs, while ignoring their own.

CHOOSING A DOCTOR

There is an extensive listing of clinics and medical resources at the end of this section. Be sure to "shop" for the kind of care which makes you feel comfortable. You have the right to the care of a physician who looks after your well-being. If you don't feel comfortable with the first health care provider you see, look for another, and keep looking until you find the service that is right for you.

A great deal of valuable nutrition information is available from:

HOME ECONOMICS
Department of Agriculture
Main Floor - 880 Portage Avenue
Winnipeg, Manitoba R3G 0P1
(204) 945-8564
1-800-282-8069

HEALTH TIPS

EYE CARE

Many people are not aware that you can have one free vision test every year under Manitoba Health Services Commission. Make an appointment for yourself and your children with a nearby optometrist or opthalmogist. Remember, if you are on Social Assistance you can get your eyeglasses through any optician or optical store. You do not have to purchase your glasses from the place you had your eyes tested.

MANITOBA HEALTH SERVICES COMMISSION
599 Empress Street
Winnipeg, Manitoba R3C 2T6
(204) 786-7101
1-800-392-1207

DENTAL CARE

Social Assistance recipients' basic dental care is covered on their medical card. REMEMBER: If you are on Social Assistance the dentist must seek prior approval before doing any treatment. Anyone can get their name on a waiting list for non-emergency treatment by calling the office and filling out the registration form from the Dental College of the University of Manitoba. Most fees at the College are approximately 30% of the regular fee.

DENTAL COLLEGE OF THE UNIVERSITY OF MANITOBA
790 Bannatyne Avenue
Winnipeg, Manitoba R3E 0W2
(204) 788-6505

BRACES

Also covered on Social Allowances Health Services Card are Orthodontics (braces) and prescription drugs.

HIGH DRUG EXPENSES

Any adult or child in Manitoba who has a long-term illness such as diabetes that results in high drug expenses can apply to:

LIFE-SAVING DRUG PROGRAM
Department of Health
800 Portage Avenue
Winnipeg, Manitoba R3G 0N4
(204) 945-6832

Parents who are working or studying and not on Social Assistance may wish to take out health insurance or continue the insurance that their spouse had been paying. Blue Cross has two basic plans -- Medi-Blue or Blue Cross Plus. Call and get their brochures listing the services and the fees involved.

MANITOBA BLUE CROSS
2nd Floor - Polo Park
Mail: Box 1046
Winnipeg, Manitoba R3C 2X7
(204) 775-0161
1-800-262-8832

HEALTH RESOURCE CENTRES

The following list of health resource centres provide a number of services: pregnancy and abortion counselling, pre- & post-natal care, birth control, sexually transmitted diseases (STD's), immunization, etc.

ADOLESCENT HEALTH SERVICES
Women's Hospital
735 Notre Dame Avenue
Winnipeg, Manitoba R3E 0L8
(204) 787-3781

Counselling for unplanned pregnancy, prenatal and post-natal care, counselling and support. Free prescriptions for birth control.

ADOLESCENT HEALTH SERVICES
Children's Hospital
840 Sherbrook Street
Winnipeg, Manitoba R3A 1S1
(204) 787-2401

Health care for adolescents including treatment of sexually transmitted diseases, birth control, pregnancy testing and counselling, and general medical care. Assistance for transportation and medication is provided if necessary.

COMMUNITY HEALTH CENTRES
801 Alkins Street
Winnipeg, Manitoba R2W 4J5
(204) 986-5522

Holds medical and nursing clinics for pregnant women, babies and pre-schoolers. Provides

treatment of sexually transmitted diseases, pregnancy testing and counselling, immunization, and health education and counselling.

CRISIS PREGNANCY CENTRE
809-213 Notre Dame Avenue
Winnipeg, Manitoba R3B 1N9
(204) 947-3377
(204) 947-6699 (24-hour crisis line)

Provides free pregnancy test, information and counselling on pregnancy, abortion and alternatives, information on prenatal and infant care, short and long-term housing, clothing for mother and baby, referral and assistance on adoption, finances, medical care and post-abortion trauma.

FACTS OF LIFE LINE
(204) 947-9222
1-800-432-1957

Free and confidential information and referral service on issues including sexually transmitted diseases, birth control, parenting and pregnancy.

FAMILY PLANNING CLINIC
233 Provencher Blvd.
Winnipeg, Manitoba R2H 0G4
(204) 945-6966

Provides counselling and information on women's health concerns, pregnancy testing and counselling medical examinations and birth control - free supplies.

HEALTH ACTION CENTRE
425 Elgin Avenue
Winnipeg, Manitoba R3A 1P2
(204) 947-1626

Provides dental and medical care including physical checkups, pregnancy testing, care during pregnancy, and immunizations. Information and treatment is available for sexually transmitted diseases. Education and counselling on nutrition, family planning, parenting and prenatal care.

HEALTH PROMOTION DIRECTORATE
Health and Welfare Canada
803-213 Notre Dame Avenue
Winnipeg, Manitoba R3B 1N3
(204) 983-0871

Provides pamphlets and booklets on smoking, alcohol, drugs, nutrition, stress, dental health, birth control, sexuality and child safety. Most are free of charge.

HEALTH RESOURCE CENTRE
880 Portage Avenue
Winnipeg, Manitoba R3G 0P1
(204) 945-8977 (Film Department)
(204) 945-8978 (Publication Department)

Distributes pamphlets and loans films on child care, prenatal care, birth control, health concerns, child and adolescent growth and development, nutrition and parenting. Lists childbirth and prenatal classes available in the province.

HOPE CENTRE HEALTH CARE INC.
240 Powers Street
Winnipeg, Manitoba R2W 5L1
(204) 589-8354

Provides pregnancy testing, pre- and post-natal counselling, preparing for baby classes, family planning, medical clinic, treatment of sexually transmitted diseases and crisis help. Home visits are supplied by Native Community Workers and counselling is available.

KLINIC
870 Portage Avenue
Winnipeg, Manitoba R3G 0P1
(204) 784-4090 (Administration)
(204) 784-4078 (Medical Emergency)

Provides pregnancy testing, birth control information, pregnancy counselling, pre- and post-natal care and treatment of sexually transmitted diseases.

MANITOBA ASSOCIATION FOR CHILDBIRTH AND FAMILY EDUCATION (MACFE)
327 Pembina Highway
Winnipeg, Manitoba R3L 2E3
(204) 475-1865

Offers both pre- and post-natal classes, as well as volunteer labour companions. Have a wide variety of books on pregnancy, birth and parenting.

MORGENTALER CLINIC
883 Corydon Avenue
Winnipeg, Manitoba R3M 0W7
(204) 477-1887

Offers abortion and birth control counselling.

MOUNT CARMEL CLINIC
886 Main Street
Winnipeg, Manitoba R2W 5L4
(204) 582-2311

Offers primary health care, birth control counselling, confidential testing and treatment for sexually transmitted diseases, immunization, nutrition counselling, health education, pre- and post-natal care and other medical services. Cost of prescription drugs and dental services is based on the patient's ability to pay. Also offers prenatal classes, home visits, a milk supplement program, and counselling.

PEDIATRIC HEALTH SERVICES
Children's Hospital
840 Sherbrook Street
Winnipeg, Manitoba R3A 1S1
(204) 787-2401

Offers health care for newborns and children up to age 16. Prescriptions are free, specialty clinics are available and transportation is available for urgent situations.

PLANNED PARENTHOOD OF MANITOBA
206-619 Sargeant Avenue
Winnipeg, Manitoba R3E 0B9
(204) 982-7800

Provides information on sex education and family

planning. Information and referral on birth control and pregnancy. Library and resources are available.

PREGNANCY DISTRESS
571 Furby Street
Winnipeg, Manitoba R3B 2V9
(204) 775-2877 (24-hour Crisis Line)

Provides pregnancy testing and counselling, as well as emergency housing, free baby and maternity clothes and long-term pre- and post-natal services. Counselling provided for family planning, physical and sexual abuse, rape, post-abortion, adoption and post-partum stress.

SERENA MANITOBA
66 Cornish Avenue, Misericordia Hospital
Room 545, Wolseley West
Winnipeg, Manitoba R3C 1A2
(204) 783-0091

Offers education in fertility awareness and instruction in methods of natural family planning.

WOMEN'S HEALTH CLINIC
3rd Floor - 419 Graham Avenue
Winnipeg, Manitoba R3C 0M3
(204) 947-1517

Provides free, comprehensive health care by female practitioners. Services include pregnancy testing, AIDS testing and counselling, abortion referral and diagnosis and treatment of sexually transmitted diseases. Free birth control supplies available to those in financial need. Support groups are offered on a variety of topics including premenstrual syndrome, weight preoccupation, menopause and post-partum stress.

WOMEN'S HEALTH BRANCH
3rd Floor - 800 Portage Avenue
Winnipeg, Manitoba R3G 0N4
(204) 945-8450

YOUVILLE CLINIC, INC.
33 Marion Street
Winnipeg, Manitoba R2H 0S8
(204) 233-0262

Offers programs and services including preparation for childbirth, natural family planning, individual counselling, breastfeeding drop-in, mothers support group, parenting drop-in, and a support group for single-parents.

VILLA ROSA
784 Wolseley Avenue
Winnipeg, Manitoba R3G 1C6
(204) 786-5741

Provides residence, medical care, education and counselling to women and youth who are pregnant or have recently delivered their babies. Programs are available in communication, living skills, self-awareness, prenatal care, child development, parenting skills and personal growth. Outreach, support groups, individual counselling, labour companion program and follow-up programs are offered.

LINDENVIEW
250 Booth Drive
Winnipeg, Manitoba R3J 3R8
(204) 889-6830

Operates a residence for single, expectant mothers and young women with special needs. Provides

counselling, education and social services.

MANITOBA HOMEBIRTH NETWORK
1119 Manitoba Avenue
Winnipeg, Manitoba R2X 0N8
(204) 589-4737

WOMEN'S POST TREATMENT CENTRE, INC.
246 Toronto Street
Winnipeg, Manitoba R3G 1S2
(204) 783-5460

Provides individual and group counselling for women who have had any chemical addiction and are struggling with emotions related to childhood sexual abuse.

WOMEN'S STRESS MANAGEMENT CENTRE
2nd Floor - 51 Osborne Street, South
Winnipeg, Manitoba R3L 1Y2
(204) 452-2043

Promotes wellness, the ability to function at an optimum level, by being able to meet life's challenges and to cope with any stress that you may be experiencing. The Centre offers personal counselling, support groups and personal development courses.

Also, look under the Government of Manitoba in the phone book to find the health office closest to you. Each office provides public health nurses, family counsellors, nutritionists, home economists, and other professionals.

MANITOBA HEALTH & FAMILY SERVICES

Manitoba Health & Family Services coordinates volunteer services such as: Daily Hello, chaperone services, small handyman services. Through pblic health nurses they offer health assesement, counselling and education in homes. They also conduct pre-natal classes and provide home economists. They have Regional Offices and District Offices throughout Manitoba, call the closest Regional Office near you.

CENTRAL DISTRICT
189 Evanson Street
Winnipeg, Manitoba R3G 0H6
(204) 945-6333

NORTHEAST DISTRICT
1400 Henderson Highway
Winnipeg, Manitoba R2G 1N2
(204) 945-8558

NORTHWEST DISTRICT
1021 Court Avenue
Winnipeg, Manitoba R2P 1V7
(204) 945-8333

SOUTH DISTRICT
2989 Pembina Highway
Winnipeg, Manitoba R3T 2H6
(204) 945-6933

SOUTH CENTRAL DISTRICT
Bldg. 3 - 139 Tuxedo Avenue
Winnipeg, Manitoba R3N 0H6
(204) 945-7323

SOUTH EAST DISTRICT
233 Provencher Blvd.
Winnipeg, Manitoba R2H 0G4
(204) 945-8966

WEST DISTRICT
2nd Floor, 2015 Portage Avenue
Winnipeg, Manitoba R3J 0K3
(204) 945-8911

MANITOBA HEALTH & FAMILY SERVICES OFFICES OUTSIDE OF WINNIPEG

WESTMAN REGIONAL OFFICE
340 - 9th Street
Brandon, Manitoba R7A 6C2
(204) 726-6337
1-800-572-1040

PARKLANDS REGIONAL OFFICE
19 - 1st Avenue S.W.
Dauphin, Manitoba R7N 1R9
(204) 638-7024

NORMAN REGIONAL OFFICE
Box 550 - 50 Church Street
Flin Flon, Manitoba R8N 1N4
(204) 687-3457

THOMPSON REGIONAL OFFICE
871 Thompson Drive, South
Thompson, Manitoba R8N 0C8
(204) 677-6570

EASTMAN REGIONAL OFFICE
20 - 1st Street, South
Beausejour, Manitoba R0E 0C0
(204) 268-1411

CENTRAL REGIONAL OFFICE
25 Tupper Street, North
Portage la Prairie, Manitoba R1N 3K1
(204) 239-3110

INTERLAKE REGIONAL OFFICE
446 Main Street
Selkirk, Manitoba R1A 1V7
(204) 785-5100

HOSPITALS

CONCORDIA HOSPITAL
1095 Concordia Avenue
Winnipeg, Manitoba R2K 3C8
(204) 667-1560

HEALTH SCIENCES CENTRE - GENERAL
700 William Avenue
Winnipe, Manitoba R3E 0Z3
(204) 774-6511

HEALTH SCIENCES CENTRE - CHILDREN'S
840 Sherbrook Street
Winnipeg, Manitoba R3A 1S1
(204) 787-2401

MISERICORDIA HOSPITAL
99 Cornish Avenue
Winnipeg, Manitoba R3C 1A2
(204) 788-8364

SEVEN OAKS HOSPITAL
2300 McPhillips Street
Winnipeg, Manitoba R2V 3M3
(204) 632-3224

ST. BONIFACE HOSPITAL
409 Tache Avenue
Winnipeg, Manitoba R2H 2A6
(204) 237-2193

VICTORIA HOSPITAL
2340 Pembina Highway
Winnipeg, Manitoba R3T 2E8
(204) 269-3570

GRACE HOSPITAL
300 Booth Drive
Winnipeg, Manitoba R3J 3M7
(204) 837-0319

POISON CONTROL CENTRE
840 Sherbrook Street
Winnipeg, Manitoba R3A 1S1
(204) 787-2591

RURAL HEALTH FACILITIES OUTSIDE OF WINNIPEG:

Residents living outside of Winnipeg contact your local hospital to find a Rural Health Facility nearest you.

PROBLEMS - MISUNDERSTANDINGS?

If a problem or misunderstanding arises between you and your doctor and it cannot be resolved, you can file a complaint with the College of Physicians and Surgeons of Manitoba. They have a valuable brochure available called "The Complaints Process - A Guide for Manitobans", which describes in detail how to make a complaint, the process, the Committee and appeals.

THE COLLEGE OF PHYSICIANS AND SURGEONS OF MANITOBA
Ave St. James Street
Winnipeg, Manitoba R3G 3J4
(204) 774-4344

ABUSE

ABUSE

Canadians are becoming increasingly aware of the incidence of domestic violence in our society. It is estimated that one in ten women suffer abuse at the hands of their partners. Those who work in the field believe that the ratio is more like one in eight. Aboriginal women are even more at risk. The Ontario Native Women's Association reported in December of 1989, that eight in ten aboriginal women are likely to suffer abuse.

The pain of individual women and their children, the disruption of family life, and the cost in both human and financial terms, was acknowledged by Parliament in their report "War Against Women". The Federal Government has appointed a "Blue Ribbon Panel" to travel across the country to hear concerns and to develop a plan of action for dealing with domestic violence.

In Manitoba, the Padlar report "The Domestic Violence Review Into the Administration of Justice in Manitoba", examined how the justice system was handling domestic violence cases. It made recommendations for changes in procedures in the court system, the police system, for provision

of treatment facilities as well as for education of people in the justice system who deal with violence, to help them better understand the situation of women who are abused.

It is to be hoped that the increased awareness of the social problems and the human misery resulting from domestic violence will encourage individuals, as well as governments, to continue their efforts in saying "NO" to violence.

Many women do not realize that they are being abused. Abuse can be physical, sexual or emotional. It may consist of a physical beating, locking you out of the home, raging anger directed at you or the children, rape or other demeaning sexual practices, constant "put-downs" or criticism, humiliation, taking away your money, freedom to visit or phone friends and family.

Emotional abuse is particularly difficult to deal with, because women often blame themselves. There are no marks or bruises, but your self-esteem is stripped away, bit by bit. Society often encourages women to stay in a relationship, to "protect" the family.

No one should have to live in an abusive situation. There are many agencies and services available to help you with counselling, refuge or treatment. Legal and counselling resources have been mentioned previously. There are Crisis Lines, Shelters, Safe Houses, and support groups in many areas of the province.

Following is a list of services available to victims of abuse.

WOMEN'S ADVOCACY PROGRAM

The Women's Advocacy Program provides battered women, whose partners have been charged with assault, legal information regarding charges, protection and rights, as well as short-term counselling and referrals. The Advocacy Program also offers related workshops.

WOMEN'S ADVOCACY PROGRAM
5th Floor - 406 Broadway
Winnipeg, Manitoba R3C 3L6
(204) 945-6851
1-800-282-8069

FAMILY DISPUTE SERVICES

The Family Dispute Services plans, coordinates and funds external agencies to deliver services for Manitoba women and their children who are victims of family violence.

FAMILY DISPUTE SERVICES
2nd Floor - 510 Osborne Street, North
Winnipeg, Manitoba R3C 1V4
(204) 945-1705
1-800-282-8069

EMERGENCY & CRISIS LINES

- WINNIPEG POLICE DEPARTMENT
  911
- SEXUAL ASSAULT - RAPE CRISIS COUNSELLING
  (204) 784-4040 (24 Hours)
- [illegible]
  1-800-362-3344 (24 Hours)
- [illegible]
  (204) 774-6531 (8 a.m. - 9 p.m.)
  (204) 786-0910 (9 p.m. - 8 a.m.)
- EVOLVE
  (204) 788-4402

COUNSELLING

EVOLVE

Evolve is a counselling resource centre specializing in the area of wife abuse. Evolve offers group counselling separately to the victims and perpetrators of wife abuse or family violence. Counselling is also available for children of the adult clients in the program. Evolve also provides community education about wife abuse.

- EVOLVE (MUNC, INC.)
  [illegible] Portage Avenue
  Winnipeg, Manitoba [illegible]
  (204) 788-4402

KLINIC - COMMUNITY HEALTH CENTRE

Klinic provides counselling services and crisis intervention. They provide suicide intervention and counselling, sexual assault, rape, incest and sexual harassment counselling. Klinic also provides general medical services.

KLINIC - COMMUNITY HEALTH CENTRE
870 Portage Avenue
Winnipeg, Manitoba R3G 0P1
(204) 784-4090

OSBORNE HOUSE

Osborne House operates an emergency shelter for women and their children who are victims of family violence. They offer individual and group counselling, a women's support group, information and referral, legal advice and follow-up services.

OSBORNE HOUSE
c/o YM/YWCA
103 - 280 Vaughan Street
Winnipeg, Manitoba R3B 2N8
(204) 942-7373

EMERGENCY HOUSING

OSBORNE HOUSE
(204) 942-3052 (Crisis Line)
(204) 942-7373 (Administration)

ABORIGINAL WOMEN'S SERVICES

IKWE-WIDDJITIWIN

Ikwe-Widdjitiwin offers emergency shelter for native women and their children who are victims of family violence. Ikwe also operates a 24-hour provincial telephone crisis line which offers counselling, information and referral and emotional support.

IKWE-WIDDJITIWIN
c/o Box 1098
Winnipeg, Manitoba R3C 2X4
1-800-362-3344 (Crisis Lines)
(204) 772-0303 (Administration)

MA MAWI WI CHI ITATA CENTRE

Ma Mawi Wi Chi Itata Centre provides encouragement and develops the self-awareness and self-sufficiency of Native and Inuit families. They also provide advocacy and support for families or youth involved with child caring agencies, criminal justice system or crisis situations.

MA MAWI WI CHI ITATA CENTRE
2nd Floor - 531 Notre Dame Avenue
Winnipeg, Manitoba R3B 1S2
(204) 786-0910 (After Hours)
(204) 774-6531

ABUSE COMMITTEES OUTSIDE OF WINNIPEG

KILLARNEY COMMITTEE ON WIFE ABUSE
Killarney, Manitoba R0K 1J0
1-800-862-2727
1-800-362-3344 (Toll Free to Winnipeg)
(204) 523-7735

MINNEDOSA & AREA COMMITTEE ON WIFE ABUSE
Box 1663
Minnedosa, Manitoba R0J 1E0
1-800-862-2727 (Toll Free to Brandon)
1-800-362-3344 (Toll Free to Winnipeg)

RUSSELL COMMITTEE AGAINST FAMILY VIOLENCE
Box 324
Russell, Manitoba R0J 1W0
1-800-862-2727 (Toll Free to Brandon)
1-800-362-3344 (Toll Free to Winnipeg)

PARKLANDS CRISIS CENTRE
31 - 1st Avenue S.W.
Dauphin, Manitoba R7N 1T9
(204) 638-8707
(204) 638-8777 (24 Hour Crisis Line)

SWAN RIVER COMMITTEE ON THE ABUSE OF WOMEN
Box 2354 - 723 Main Street East
Swan River, Manitoba R0L 1Y0
(204) 734-9368

SNOW LAKE CENTRE ON FAMILY VIOLENCE
Box 836
Snow Lake, Manitoba R0B 1M0
(204) 358-7141

THE PAS COMMITTEE FOR WOMEN IN CRISIS INC.
Box 3770
The Pas, Manitoba R9A 1S4
(204) 623-7427
(204) 623-5497 (Crisis Line)
1-800-442-0423

CHURCHILL COMMITTEE FOR ABUSED WOMEN
Box 191
Churchill, Manitoba R0B 0E0
(204) 675-8881
1-800-362-3344 (Toll Free to Winnipeg)

CROSS LAKE CRISIS COMMITTEE
Cross Lake, Manitoba R0B 0J0
1-800-362-3344 (Toll Free to Winnipeg)

LAC DU BONNET COMMITTEE ON FAMILY VIOLENCE & ABUSE
Box 87
Lac Du Bonnet, Manitoba R0E 1A0
(204) 345-6603
1-800-362-3344 (Toll Free to Winnipeg)

SPRINGFIELD COMMITTEE ON FAMILY VIOLENCE
Dugald, Manitoba R0E 0K0
1-800-362-3344

SOUTH CENTRAL COMMITTEE ON FAMILY VIOLENCE INC.
Box 389
Winkler, Manitoba R6W 4A6
(204) 325-9956 (24 Hour Crisis Line)
Accepts Collect Calls

EVERGREEN SPOUSE ABUSE COMMITTEE
Box 1691
Gimli, Manitoba R0C 1B0
(204) 642-8264 (Gimli)
(204) 378-5200 (Riverton)
(204) 482-7100 (24 Hour Crisis Line)
1-800-362-3344 (Toll Free to Winnipeg)

LUNDAR EIRIKSDALE ASHERN WIFE ABUSE COMMITTEE
Box 528
Ashern, Manitoba R0C 0E0
(204) 768-3016
(204) 482-7100 (24 Hour Crisis Line)
1-800-362-3344 (Toll Free to Winnipeg)

ABUSE SHELTERS ON RESERVES OUTSIDE OF WINNIPEG

PROJECT HAVEN FISHER RIVER RESERVE
(204) 654-2750

PUKATAWAGON
(204) 553-2198

SHAMATAWA
(204) 565-2548

ABUSE SHELTERS OUTSIDE OF WINNIPEG

YWCA WESTMAN WOMEN'S SHELTER
c/o 148 - 11th Street
Brandon, Manitoba R7A 4J4
(204) 727-3644
1-800-852-2727 (24 Hours)

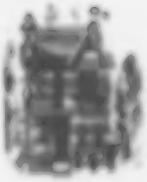
FLIN FLON CREIGHTON CRISIS CENTRE INC.
60 Hapnot Street
Flin Flon, Manitoba R8A 1L8
(204) 687-5517
(204) 687-8255 (24 Hour Crisis Line)

THOMPSON CRISIS CENTRE INC.
Box 1228
Thompson, Manitoba R8N 1P1
(204) 677-9668
(204) 778-7273 (24 Hour Crisis Line)
1-800-442-0613

AGAPE HOUSE FAMILY CRISIS CENTRE
Box 3130
Steinbach, Manitoba R0A 2A0
(204) 326-6062
1-800-326-3431 (24 Hour Crisis Line)

PORTAGE WOMEN'S SHELTER INC.
Box 1541
Portage la Prairie, Manitoba R1N 3P1
(204) 239-5234
(204) 239-5232 (24 Hour Crisis Line)

SELKIRK CO-OP ON ABUSE AGAINST WOMEN INC. (NOVA HOUSE)
Box 337
Selkirk, Manitoba R1A 2B5
(204) 482-7882
(204) 482-7100 (24 Hour Crisis Line)



HOUSING

Affordable housing can be difficult to find, especially for single parents on a limited income. The following is a listing of subsidized housing, emergency services and housing authorities.

SUBSIDIZED HOUSING

[illegible] CORPORATION
202-460 Main Street
Winnipeg, Manitoba R3B 1B6
(204) 942-7894

Provides affordable housing to native families.

[illegible] HOUSING CORPORATION
201-424 Logan Avenue
Winnipeg, Manitoba R3A 0N4
(204) 956-5093

Provides low-cost housing for natives with rents based on income.

NINPS
576 Manitoba Avenue
Winnipeg, Manitoba R2W 2G8
(204) 589-1589

Housing co-op which buys and renovates homes in the north end, then rents them out to low income families in the area.

SAM MANAGEMENT
420 Elgin Avenue
Winnipeg, Manitoba R3A 1P2
(204) 942-0991

Non-profit corporation which provides rental units to families or seniors with fixed or low incomes.

WINNIPEG HOUSING AUTHORITY
394 Selkirk Avenue
Winnipeg, Manitoba R2W 2M2
(204) 586-8349

Subsidized government housing for low income families, seniors and individuals. Rent based on monthly income. Housing in North End and Weston areas of city.

WINNIPEG REGIONAL REHABILITATION CORPORATION
510 Hargrave Street
Winnipeg, Manitoba R3A 0X8
(204) 949-2880

Converts core area buildings into moderate and low income housing units. Rental based on income levels.

[redacted] REGIONAL HOUSING AUTHORITY
410-352 Donald Street
Winnipeg, Manitoba R3B 2H8
(204) 943-0861

Central Registry and management office for subsidized housing for families, seniors and singles with disabilities. Rent based on income and client's ability to pay.

SUBSIDIZED HOUSING OUTSIDE OF [redacted]

BRANDON HOUSING AUTHORITY - WESTMAN REGION
240-6th Street
Brandon, Manitoba R7A 6A3
(204) 727-5406

Provides subsidized housing for low income families, pensioners and disabled individuals. Rent based on income.

EMERGENCY HOME REPAIR PROGRAM

The program provides grants and loans to those on low income for critical home repairs such as unsafe wiring, defective heating systems, etc.

EMERGENCY HOME REPAIR PROGRAM
2nd Floor - 287 Broadway
Winnipeg, Manitoba R3C 0R9
(204) 945-2300
1-800-282-8069

EMERGENCY HOUSING

The Salvation Army provides temporary shelter for deserted or homeless women and their children. They also, provide counselling and referral services.

[redacted]
(204) 946-9461

Missionaries of Charity - Women's Shelter provides assistance, food and clothing to those in need. They also provide temporary shelter for homeless women and their children.

[redacted]
(204) 582-2773/5944

The Native Women's Transition Centre provides housing for Native women and their children, however, it is not a crisis centre. The Centre facilitates support groups designed to develop the skills and resources necessary to independent living.

[redacted]
(204) 989-8240

EMERGENCY HOUSING
OUTSIDE OF WINNIPEG

SALVATION ARMY - BRANDON
Family Services Centre
211 Pacific Avenue, East
Brandon, Manitoba R7A 0H3
(204) 727-6271
(204) 727-4334

YOUNG WOMEN'S CHRISTIAN ASSOCIATION OF BRANDON
145 - 11th Street
Brandon, Manitoba R7A 4J4
(204) 727-5014 (24 Hours)

NA MOW WE TAK FRIENDSHIP CENTRE INC.
122 Hemlock Crescent
Thompson, Manitoba R8N 0R8
(204) 778-7337
(204) 778-8903 (After Hours)

RENT ASSISTANCE

Shelter Allowances for Family Renters (SAFFR) provides direct assistance for rental payments to low income families with dependent children.

SHELTER ALLOWANCES FOR FAMILY RENTERS (SAFFR)
Main Floor - 280 Broadway
Winnipeg, Manitoba R3C 0R8
(204) 945-2811
1-800-282-8069

OTHER CONTACTS

LANDLORD AND TENANT ADVISORY BRANCH
302 - 254 Edmonton Street
Winnipeg, Manitoba R3C 0Y4
(204) 945-2476

MANITOBA HOUSING
587 Broadway
Winnipeg, Manitoba R3C 0R9
(204) 945-4748

EDUCATION/TRAINING

EDUCATION/TRAINING

Many single parents do not have the training or educational background that enables them to earn a wage that is sufficient to help their families. Their road to independence must be paved with education or training that will enable them to become economically self-sufficient.

There are large numbers of programs available for assisting people to obtain the education or training they need. The criteria is as varied as the number of programs. The following are "lists" of program descriptions.

MANITOBA

The Government of Manitoba has prepared a reference of major training, employment and labour market programs operated and funded by the Province of Manitoba. The document does not provide a detailed description of each program, however, it does briefly describes the general characteristics of the programs.

The Programs and Services have been grouped in seven sections as follows:

- Institutional Training - Programs which are training in nature and are administered by public institutions (i.e. community colleges, universities, public schools, hospital schools of nursing). Generally, persons are not employed while taking training.

- Training and Employment - Programs which offer training and employment simultaneously. Clients are employed and undertake periods of training either in the workplace or in a training institution.

- Employment Programs - Programs which help to create jobs and provide work experience.

- Income Support and Allowances - Financial support provided to persons while they are enrolled in an educational or training program.

- Labour Market Adjustment - Measures designed to assist labour force participants to meet changing needs of the labour market.

- Employment Services - All employment-related counselling and referral services.

- Immigration and Settlement - Programs and services targeted specifically to assist immigrants.

To receive a copy of "Inventory of Labour Market Programs and Services in Manitoba" contact:

MANITOBA EDUCATION AND TRAINING
Post-Secondary, Adult and Continuing Education & Training Division
Labour Market Policy and Planning Unit
#10-155 Carlton Street
Winnipeg, Manitoba R3C 3J1
(204) 945-2375
1-800-282-8069

COALITION FOR THE EDUCATION AND TRAINING OF WOMEN

The Coalition for the Education and Training of Women prepared a Directory which lists a variety of programs of interest to women who wish to enter or re-enter the labour market. The Directory is not a comprehensive listing. It provides a listing of programs in the Winnipeg area.

To receive a copy of "Focus on Women: Directory of Employment Preparation Programs in Winnipeg" contact:

COALITION FOR THE EDUCATION AND TRAINING OF WOMEN
c/o Manitoba Women's Advisory Council
312-535 Portage Avenue
Winnipeg, Manitoba R3C 3R1
(204) 945-6281
1-800-282-8069

FINANCIAL ASSISTANCE

The Student Aid Branch furnishes bursaries and loans to students who otherwise could not continue studies due to lack of funds.
The Branch offers special bursaries for Native students, mature students and adult basic education students.

MANITOBA STUDENT AID BRANCH
DEPARTMENT OF EDUCATION
Box 6 - 693 Taylor Avenue
Winnipeg, Manitoba R3M 3T9
(204) 945-6321
1-800-782-0316

Student Social Allowances provides educational assistance to social allowance recipients and to persons in need who enroll in an approved educational program.

STUDENT SOCIAL ALLOWANCES
Box 7 - 693 Taylor Avenue
Winnipeg, Manitoba R3M 2T9
(204) 945-6100
1-800-782-0316

CANADA EMPLOYMENT CENTRES

Canada Employment also funds training and re-training programs through the Canadian Jobs Strategy and other programs. They also offer

programs such as: counselling and referrals to jobs, training and work experience programs, financial assistance. The Centres also offer special programs to improve employability of natives, women, the disabled and members of visible minorities. Consult your local Canada Employment Centre to see if you qualify for any of their programs and/or their "job finding clubs".

CANADA EMPLOYMENT CENTRE
500 - 259 Portage Avenue
Winnipeg, Manitoba R3B 3L4
(204) 983-4130

CANADA EMPLOYMENT CENTRES OUTSIDE OF WINNIPEG:

WESTMAN REGIONAL CENTRE
Box 1178
153 - 11th Street
Brandon, Manitoba R7A 6E2
(204) 727-0583

PARKLANDS REGIONAL CENTRE
135 - 2nd Avenue NE
Dauphin, Manitoba R7N 0Z6
(204) 638-3711/8818

NORMAN REGIONAL CENTRE
Box 660
151 Fischer Avenue
The Pas, Manitoba R9A 1K7
(204) 623-3453

THOMPSON REGIONAL CENTRE
118 - 3 Station Road
Thompson, Manitoba R8N 0N3
(204) 778-4471

EASTMAN REGIONAL CENTRE
Box 1149
323 Main Street
Steinbach, Manitoba R0A 2A0
(204) 326-1371

CENTRAL REGIONAL CENTRE
Box 1117
1016 Saskatchewan Avenue E
Portage la Prairie, Manitoba R1N 3C5
(204) 239-1212

INTERLAKE REGIONAL CENTRE
2nd Floor - 237 Manitoba Avenue
Selkirk, Manitoba R1A 1T6
(204) 785-6200

OTHER CONTACTS:

EMPLOYMENT STANDARDS BRANCH
Manitoba Department of Labour
604 - 401 York Avenue
Winnipeg, Manitoba R3C 0P8
(204) 945-3352

CAREER OPPORTUNITIES II
1510 - 330 Portage Avenue
Winnipeg, Manitoba R3C 0C4
(204) 942-2197

IMMIGRANT WOMEN'S EMPLOYMENT COUNSELLING SERVICE
503 - 352 Donald Street
Winnipeg, Manitoba R3B 2H8
(204) 949-5300

WOMEN'S EMPLOYMENT COUNSELLING SERVICE OF WINNIPEG INC.
503 - 352 Donald Street
Winnipeg, Manitoba R3B 2H8
(204) 949-5300

CIVIL SERVICE COMMISSION - EMPLOYMENT COUNSELLING & SUPPORT SERVICES
Main Floor - 175 Carlton Street
Winnipeg, Manitoba R3C 3H9
(204) 945-2330

NEW CAREERS PROGRAMS
500 - 213 Notre Dame Avenue
Winnipeg, Manitoba R3B 1N3
(204) 945-4732

NATIVE EMPLOYMENT SERVICES OF WINNIPEG, INC.
210 - 388 Donald Street
Winnipeg, Manitoba R3B 2J4
(204) 943-0401

WINNIPEG HUMAN RESOURCES OPPORTUNITY CENTRE
SINGLE PARENT JOB ACCESS PROGRAM
1500 King Edward Street
Winnipeg, Manitoba R3H 0R5
(204) 633-3437

STRETCHING THE DOLLAR

Most single parents, whether on social assistance or low-income wage earners, have a very hard time making their money stretch to the end of the month or from pay day to pay day. Following is a list of places which might help:

EMERGENCY FOOD SERVICES

There is only one (1) Food Bank in Winnipeg.

WINNIPEG HARVEST
688 St. Joseph Street
Winnipeg, Manitoba R2H 3E2
(204) 233-0073 (Before 3 p.m.)

Other centres are called "food cupboards". When you phone Winnipeg Harvest, they will tell you the name of your nearest food cupboard and when it is open. You then call the food cupboard the day before you visit. They will, in turn, call Winnipeg Harvest to request food for the required number of families. You may be asked to show your Social Allowances Health Services Card or Manitoba Health Services Commission card to show how many children you have.

OTHER RESOURCES:

SALVATION ARMY - FAMILY SERVICES DEPARTMENT
324 Logan Avenue
Winnipeg, Manitoba R3A 0L5
(204) 946-9484

CHRISTMAS CHEER BOARD
99 Waters Avenue
Mail: Box 68, Station "F"
Winnipeg, Manitoba R2L 2A5
(204) 667-3529

UNION GOSPEL MISSION
320 Princess Street
Mail: Box 1073
Winnipeg, Manitoba R3C 2X4
(204) 943-9904

MISSIONARIES OF CHARITY - WOMEN'S SHELTER
167 Aikins Street
Mail: 356 Pritchard Avenue
Winnipeg, Manitoba R2W 2J6
(204) 582-2773/5944

AGAPE TABLES IN WINNIPEG:

ALL SAINTS CHURCH
175 Colony Street
Winnipeg, Manitoba R3C 1W2
(204) 786-2370

ELIM CHAPEL
546 Portage Avenue
Winnipeg, Manitoba
(204) 786-6235

MENNONITE CHURCH
318 Home Street
Winnipeg, Manitoba
(204) 772-6116

EMERGENCY FOOD SERVICES OUTSIDE OF WINNIPEG:

SALVATION ARMY - BRANDON FAMILY SERVICES CENTRE
211 Pacific Avenue East
Brandon, Manitoba R7A 0H3
(204) 727-4334

THE PAS FRIENDSHIP CENTRE INC.
Box 2638 - 81 Edwards Avenue
The Pas, Manitoba R9A 1M3
(204) 623-6459
(204) 623-2611

CLOTHING

There are a number of second-hand clothing stores listed in the yellow pages. Goodwill Industries provides employment to mentally and physically handicapped and disadvantaged persons, they also operate thrift shops at the following locations:

GOODWILL INDUSTRIES:

GOODWILL INDUSTRIES
70 Princess Street
(204) 943-6435

185 Isabel Street
(204) 957-5905

556 Osborne Street
(204) 475-6438

Ashern & Main Street
(204) 768-2771

JUNIOR LEAGUE THRIFT SHOP
776-B Corydon Avenue
Winnipeg, Manitoba R3M 0Y1
(204) 474-2224

SALVATION ARMY THRIFT SHOPS:

72 Martha Street (Downtown)
(204) 946-9422 - Main Floor
(204) 946-9423 - Basement

97 Sherbrook (Wolseley)
(204) 772-9003

802 Sargent Avenue (West End)
(204) 783-6238

419 Selkirk Avenue (North End)
(204) 589-4859

1438 Logan Avenue (Weston)
(204) 783-6237

445 1/2 Watt Street (East Kildonan)
(204) 668-2595

1721 Main Street (West Kildonan)
(204) 339-7558

1155 Henderson Highway (Henderson)
(204) 338-3137

1735 Pembina Highway (Fort Garry)
(204) 261-6224

3242 Portage Avenue (Westwood)
(204) 831-6806

1741 Portage Avenue (St. James)
(204) 889-0173

145 Goulet Street (St. Boniface)
(204) 233-7897

3518 Roblin Blvd. (Charleswood)
(204) 889-1018

149 St. Anne's Road (St. Vital)
(204) 255-5990

SALVATION ARMY THRIFT SHOPS OUTSIDE OF WINNIPEG:

Brandon, Manitoba
211 Pacific Avenue East
(204) 727-4334

An excellent booklet called "Directory of Second-Hand and Discount Clothing Stores in Winnipeg and in Rural Manitoba" is available free of charge by calling or writing:

HOME ECONOMICS
Department of Agriculture
Main Floor - 880 Portage Avenue
Winnipeg, Manitoba
(204) 945-8564

Watch for skate swaps and sales at your local

community centres. These usually take place in early September.

RECREATION

SUNSHINE FUND

The Sunshine Fund is an annual blessing to any low-income wage earner or single parent family. The purpose is to provide financial assistance to children who would like to attend summer camps. These summer camps include day camps for children who under 8 years old and overnight week-long camps. When you call the Sunshine Fund they will send out an application form and a booklet which lists all of the camps accredited by Manitoba Camping Association so you can choose a suitable camp. The Sunshine Fund encourages you to pay a part of the cost - one suggestion is 25% of the cost. However, if you can't afford to pay, just say so on the application form. Begin the the process early to get your choice of dates and camps.

THE SUNSHINE FUND
194 - A Sherbrook Street
Winnipeg, Manitoba R3C 2B6
(204) 784-1130

DAY CAMPS

Many churches and community centres run summer day camps for a week or two. A few phone calls to the nearest churches in your area would probably locate one.

CITY FACILITIES

The City of Winnipeg Parks and Recreation Branch has a plan whereby low-income families, or families on assistance, can apply to have fees waived for activities like skating and swimming lessons. Write to the Parks and Recreation Office in the area that you want your children to take the lessons. (Addresses and telephone numbers are in the grey pages of the phonebook).

Check the "Leisure Guide" that comes to your home for free skating/swimming, etc.

FINANCES

Child Related Income Support Program (CRISP) is a provincial income supplement program providing monthly financial benefits to low income families assisting them in the cost of raising children.

CHILD RELATED INCOME SUPPORT PROGRAM (CRISP)
P.O. Box 3000
Killarney, Manitoba R0K 1G0
(204) 523-4499 (Local Residents)
1-800-563-8793

Shelter Allowances for Family Renters (SAFFER) provides cash assistance for rental payments to low income families with dependent children. People on Social Assistance or living in low income housing are not eligible.

SHELTER ALLOWANCES FOR FAMILY RENTERS (SAFFR)
Main Floor - 280 Broadway
Winnipeg, Manitoba R3C 0R8
(204) 945-2611
1-800-282-8069

OTHER CONTACTS:

COMMUNITY FINANCIAL COUNSELLING SERVICE
500-365 Hargrave Street
Winnipeg, Manitoba R3B 2K3
(204) 944-9704

CONSUMER & CORPORATE AFFAIRS (BANKRUPTCY)
203-260 St. Mary Avenue
Winnipeg, Manitoba R3C 0M6
(204) 983-3229

FAMILY ALLOWANCES - INCOME SECURITY PROGRAMS (MANITOBA)
Room 506 - 330 Graham Avenue
Winnipeg, Manitoba R3C 4C8
(204) 983-3640
1-800-282-8079

CITY OF WINNIPEG - SOCIAL SERVICES
(204) 986-4300

CITY/PROVINCIAL EMERGENCY SOCIAL ALLOWANCES
(204) 945-0183 (After Business Hours)

OTHER HANDI-CONTACTS:

BIG BROTHERS ASSOCIATION OF WINNIPEG	(204) 786-1461
BIG SISTERS ASSOCIATION	(204) 942-1490
BLOCK PARENTS OF WINNIPEG, INC.	(204) 943-8879
BOY SCOUTS OF CANADA	(204) 786-2444
CITIZEN'S INQUIRY SERVICE	(204) 945-3744 1-800-282-8060
CONGRESS OF BLACK WOMEN	(204) 772-2253
CONTACT COMMUNITY INFORMATION	(204) 287-8827
FAMILY ALLOWANCE	(204) 983-3640 1-800-362-3384
GIRL GUIDES OF CANADA	(204) 774-1939
KIDS HELP PHONE	1-800-668-6868
MANITOBA ADVISORY COUNCIL STATUS OF WOMEN	(204) 945-6281 1-800-282-8069
MANITOBA HUMAN RIGHTS COMMISSION	(204) 945-3007 1-800-282-8069

MANITOBA WOMEN'S DIRECTORATE	(204) 945-3476 1-800-665-0657
NUTRITION HOTLINE	1-800-363-7080
PARENTS WITHOUT PARTNERS	(204) 224-0133
REVENUE CANADA TAXATION	(204) 983-6350 1-800-282-8079
TEEN TOUCH, INC.	(204) 233-0914